

Alcohol Abstinence Self-Efficacy Scale  
AASE

\_\_DE \_\_V

Client ID\_\_/\_/\_/\_/\_/\_/\_/\_  
CRU    \_\_/\_/\_  
DATE    \_\_/\_/\_/\_/\_/\_/\_  
Session  \_\_ (0=baseline; 1=3 MoFU;  
              3=9 MoFU; 5=15 MoFU)  
Location  \_\_(1=onsite; 2=offsite)

LISTED BELOW ARE A NUMBER OF SITUATIONS THAT LEAD SOME PEOPLE TO DRINK. WE WOULD FIRST LIKE TO KNOW:

1. HOW TEMPTED YOU MAY BE TO DRINK IN EACH SITUATION.

CIRCLE THE NUMBER IN EACH COLUMN THAT BEST DESCRIBES THE FEELINGS OF TEMPTATION IN EACH SITUATION AT THE PRESENT TIME ACCORDING TO THE FOLLOWING SCALE:

- 1 = Not at all tempted
- 2 = Not very tempted
- 3 = Moderately tempted
- 4 = Very tempted
- 5 = Extremely tempted

SITUATION	TEMPTED				
	Not at all	Not very	Moder- ately	Very	Extremely
1. When I am in agony because of stopping or withdrawing from alcohol use	1	2	3	4	5
2. When I have a headache	1	2	3	4	5
3. When I am feeling depressed	1	2	3	4	5
4. When I am on vacation and want to relax	1	2	3	4	5
5. When I am concerned about someone	1	2	3	4	5
6. When I am very worried	1	2	3	4	5
7. When I have the urge to try just one drink to see what happens	1	2	3	4	5
8. When I am being offered a drink in a social situation	1	2	3	4	5

SITUATION	TEMPTED				
	Not at all	Not very	Moder- ately	Very	Extremely
9. When I dream about taking a drink	1	2	3	4	5
10. When I want to test my willpower over drinking	1	2	3	4	5
11. When I am feeling a physical need or craving for alcohol	1	2	3	4	5
12. When I am physically tired	1	2	3	4	5
13. When I am experiencing some physical pain or injury	1	2	3	4	5
14. When I feel like blowing up because of frustration	1	2	3	4	5
15. When I see others drinking at a bar or at a party	1	2	3	4	5
16. When I sense everything is going wrong for me	1	2	3	4	5
17. When people I used to drink with encourage me to drink	1	2	3	4	5
18. When I am feeling angry inside	1	2	3	4	5
19. When I experience an urge or impulse to take a drink that catches me unprepared	1	2	3	4	5
20. When I am excited or celebrating with others	1	2	3	4	5

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3=9 MoFU; 5=15 MoFU)  
Location\_\_\_\_(1=onsite; 2=offsite)

LISTED BELOW ARE A NUMBER OF SITUATIONS THAT LEAD SOME PEOPLE TO DRINK. WE WOULD FIRST LIKE TO KNOW:

2. HOW CONFIDENT ARE YOU THAT YOU WOULD NOT DRINK IN EACH SITUATION

CIRCLE THE NUMBER IN EACH COLUMN THAT BEST DESCRIBES THE FEELINGS OF CONFIDENCE IN EACH SITUATION AT THE PRESENT TIME ACCORDING TO THE FOLLOWING SCALE:

- 1 = Not at all confident
- 2 = Not very confident
- 3 = Moderately confident
- 4 = Very confident
- 5 = Extremely confident

SITUATION	CONFIDENCE				
	Not at all	Not very	Moderately	Very	Extremely
1. When I am in agony because of stopping or withdrawing from alcohol use	1	2	3	4	5
2. When I have a headache	1	2	3	4	5
3. When I am feeling depressed	1	2	3	4	5
4. When I am on vacation and want to relax	1	2	3	4	5
5. When I am concerned about someone	1	2	3	4	5
6. When I am very worried	1	2	3	4	5
7. When I have the urge to try just one drink to see what happens	1	2	3	4	5
8. When I am being offered a drink in a social situation	1	2	3	4	5

SITUATION	CONFIDENCE				
	Not at all	Not very	Moder- ately	Very	Extremely
9. When I dream about taking a drink	1	2	3	4	5
10. When I want to test my willpower over drinking	1	2	3	4	5
11. When I am feeling a physical need or craving for alcohol	1	2	3	4	5
12. When I am physically tired	1	2	3	4	5
13. When I am experiencing some physical pain or injury	1	2	3	4	5
14. When I feel like blowing up because of frustration	1	2	3	4	5
15. When I see others drinking at a bar or at a party	1	2	3	4	5
16. When I sense everything is going wrong for me	1	2	3	4	5
17. When people I used to drink with encourage me to drink	1	2	3	4	5
18. When I am feeling angry inside	1	2	3	4	5
19. When I experience an urge or impulse to take a drink that catches me unprepared	1	2	3	4	5
20. When I am excited or celebrating with others	1	2	3	4	5

## ALCOHOL ABSTINENCE SELF-EFFICACY (AASE)

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### NEGATIVE AFFECT

- 18. When I am feeling angry inside
- 16. When I sense everything is going wrong for me
- 3. When I am feeling depressed
- 14. When I feel like blowing up because of frustration
- 6. When I am very worried

### SOCIAL/POSITIVE

- 15. When I see others drinking at a bar or at a party
- 20. When I am excited or celebrating with others
- 4. When I am on vacation and want to relax
- 17. When people I used to drink with encourage me to drink
- 8. When I am being offered a drink in a social situation

### PHYSICAL AND OTHER CONCERNS

- 2. When I have a headache
- 12. When I am physically tired
- 5. When I am concerned about someone
- 13. When I am experiencing some physical pain or injury
- 9. When I dream about taking a drink

### CRAVING AND URGES

- 1. When I am in agony because of stopping or withdrawing from alcohol use
- 7. When I have the urge to try just one drink to see what happens
- 11. When I am feeling a physical need or craving for alcohol
- 10. When I want to test my willpower over drinking
- 19. When I experience an urge or impulse to take a drink that catches me unprepared